

Family, Social and Sexual Health (FSSH)

This concept area focuses on essential content students need to know about personal and family relationships, growth and development, sexuality education, including abstinence, and sexually transmitted infection, including HIV/AIDS.

Grades PrK-2

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Describing ways to be responsible in school and at home, as a family member, classmate or friend.
- b. Demonstrating healthy ways to cope with change that may occur in families, (e.g., pregnancy, birth, marriage, divorce, relocation, death).

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Identifying the roles and responsibilities of family members.
- b. Identifying the stages of the life cycle from infancy to old age.
- c. Identifying ways to show respect for diversity, (e.g., individual differences, diverse family structures).

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying trusted individuals in the home, school, and community, who can provide help with health issues.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Using effective verbal and nonverbal communication skills to express ideas, needs, wants, and feelings, (e.g., making friends; giving and accepting compliments or statements of appreciation).
- b. Demonstrating ways to communicate care, consideration, and respect of self and others.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Explaining when assistance is needed in making health-related decisions, (e.g., tattling vs. getting help).
- b. Identifying people who can help make decisions and solve problems.

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Grades 3-4

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Describing how to be a responsible friend and family member.
- b. Demonstrating ways to show care consideration, and respect for self and others.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Explaining the benefits of positive friendships and family relationships.
- b. Identifying ways family and friend help meet physical, emotional, and social health.
- c. Identifying basic male and female reproductive body parts and their functions.
- d. Describing physical and emotional changes that occur during puberty.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing how friends, older students, family member and others influence behaviors.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Describing how to seek adult advice and help about personal health issues.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Identifying communication skills to build and maintain healthy relationships.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Applying the decision-making process to health issues and problems with friends or others.

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Grades 5-6

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Identifying positive ways to handle the changes and feelings associated with puberty, friends and family relationships.
- b. Demonstrating ways to build and maintain positive relationships, friendships, and a sense of belonging.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Describing the characteristics of safe, healthy, and respectful relationships.
- b. Describing body changes that occur during puberty.
- c. Describing the effects of change on family roles and responsibilities.
- d. Explaining the short and long-term consequences of HIV, common STDs and pregnancy.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing how information from peers, families, and media influences health, (e.g., body image, sexual identity, personal health practices).

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying resources that provide valid health information and services for individuals, families, and communities.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating effective ways to express needs, wants, and feelings to build, promote and support positive health and relationships, including setting and respecting limits and boundaries.
- b. Identifying barriers to effective communication of information, ideas, feelings and opinions about health issues.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Analyzing how individuals, families, and community values influence health-related decisions.

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Grades 7-8

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Developing strategies that promote positive health for adolescents, (e.g., coping with concerns and stress related to the changes in adolescence; dealing with sexual pressures, relationships).

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Describing changes that occur during adolescence and their effects on emotions, behaviors, and relationships.
- b. Examining the diversity of family structures and changes that can occur, (e.g., birth, adoption, marriage, divorce, death).
- c. Explaining the process of human reproduction, including conception, prenatal development and birth.
- d. Identifying the social, emotional, and physical benefits of healthy behaviors, (e.g., setting personal limits/boundaries, abstaining from sex).
- e. Analyzing the effects that risky behaviors have on personal health.
- f. Identifying symptoms, risk factors, cause, transmission, treatment and prevention of sexually transmitted infections, including HIV/AIDS.
- g. Identifying effective methods to prevent HIV, sexually transmitted infections, and pregnancy.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing how messages from media (e.g., teen magazines, videos, internet) influence both health behaviors and the selection of health information, products, and services.
- b. Analyzing influences on sexual behavior, (e.g., family, peers, religion, media, culture, internal factors).
- c. Analyzing the effect of technology on personal and family relationships.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Analyzing school and community health services available for support and information for a variety of health issues.
- b. Analyzing the validity of health information, products, and services from a variety of sources including the internet.
- c. Demonstrating the ability to locate appropriate health products and services.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating resistance/refusal and negotiation skills to enhance health and interpersonal relationships.
- b. Identifying barriers to effective communication of information, ideas, feelings and opinions about health issues.
- c. Demonstrating ways to influence and support others in making positive health choices.

HE6: Goal Setting

Students will demonstrate the ability to set personal goals to enhance health by.....

- a. Setting a goal to improve sexual health, (e.g., sexual abstinence, setting personal boundaries and limits).

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by.....

- a. Describing how their decisions impact the health of themselves and others.

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Grades 9-12

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Demonstrating strategies for dealing with situations that involve personal risk, danger or emergencies, (e.g., relationship violence, sexual pressures).
- b. Demonstrating strategies to promote acceptance and respect for all individuals, (e.g., mental and physical illness, disabilities, culture, race/ethnicity, sexual orientation).

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts relative to nutrition and physical activity by....

- a. Identifying physical, emotional, intellectual, and social patterns of development and change that occur at various stages in the life cycle.
- b. Describing the benefits of abstaining/postponing sexual activity and setting sexual limits
- c. Differentiating between respectful and disrespectful relationships
- d. Discussing the effects of stereotyping and ways to counteract negative effects.
- e. Analyzing how behavior can impact health maintenance and disease prevention, (e.g., sexually transmitted infections, pregnancy).
- f. Describing the process of human reproduction including conception, prenatal development and birth
- g. Evaluating effective methods of HIV, STI, and pregnancy prevention, including abstinence and contraception

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing the impacts of internal (e.g., experiences perceptions, self-respect) and external (e.g., media, peer, community) factors on family, social and sexual health and behaviors.
- b. Describing how community and social norms influence health choices.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Demonstrating the ability to access appropriate sources of support and treatment available for a variety of health issues.
- b. Providing evidence to support the validity of health information, products, and services.
- c. Demonstrating the ability to evaluate resources from home, school, and/or community that provide valid health information

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating skills for communicating effectively with family, peers and others, (e.g., clear, organized, "I" messages, assertive, active listening, body language).
- b. Demonstrating effective verbal and nonverbal communication skills to enhance health and build and maintain healthy relationships, (e.g., positive peer support, assertive, "I"-messages).
- c. Demonstrating the ability to advocate for health promoting opportunities for self and others.

HE6: Goal Setting

Students will demonstrate the ability to set personal goals to enhance health by.....

- a. Implementing a goal setting plan and evaluating the progress in attaining personal health goals.
- b. Identifying barriers and supports to achieving goals and strategies to overcome barriers and enhance supports.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by.....

- a. Demonstrating a logical progression through a decision-making process that result in health enhancing behaviors consistent with personal and family values.
- b. Analyzing the immediate and long-term impact of health decisions on the individual, family and community.
- c. Evaluating the internal and social pressures that influence decisions.